

ALICE IN WONDERLAND

FUN MEALS TO MAKE WITH YOUR KIDS

Cooking with Your Kids
Makes Parenting So Much Fun!!!!

by Susan Gray



Alice In Wonderland

Fun Meals to Make with Your Kids - Cooking with Your
Kids Makes Parenting So Much Fun!!!!

By: Susan Gray



© 2020 Susan Gray, All Rights Reserved.



License Notices

The author reserves all rights to this publication. No part may be copied, stored, or distributed in any form with the prior written permission of the author.

The author has ensured that the content of this material is accurate and correct. As such, the author is not liable to misuse on the part of the reader or misinterpretation of the text and the effects that may occur.

////////////////////////////////////

Gift

It is a great thing that you read this book. As a way of giving you more in return for your faith in this book and all the work that went into it, I would like to send you messages on any promotional offers we have on other books.

This way, you will get first-hand information directly to your mail about any discount or other freebies we might have on our books. You get two things here; you get more books and you save money. Sounds like a good deal, doesn't it?

You only have to fill the subscription box below and you can expect some juicy offers from us soon.

A dark gray rectangular box with a decorative border of red and blue diagonal stripes at the top and bottom. Inside the box, the text "SUBSCRIBE TO OUR NEWS" is written in white, bold, uppercase letters. Below this text is a white rectangular input field with the placeholder text "YOUR EMAIL HERE" in gray. Underneath the input field is a blue rectangular button with the word "SUBMIT" in white, uppercase letters. To the right of the input field and button is a light beige illustration of an envelope.

<https://susan-gray.subscribemenow.com/>

////////////////////////////////////

Table of Contents

Introduction

1. The Duchess' Peppery Red Pepper, Turkey, and Potato Soup.

2. The Mad Hatter Pea, Fish, and Pesto Soup

3. Alice Kingsley Pork Goulash Soup

4. The Red Queen Bacon Pierogi Bake

5. The White Queen Minestrone Soup

6. Caterpillar Fruits, Seeds, and Nuts Salad

7. The White Rabbit Vegetable Smoothie

8. The Cheshire Cat's Disappearing Salmon and Turkey Meal

9. Bayard the Bloodhound Chicken and Coconut Milk Soup

10. The Dormouse Zucchini Noodles and Lemony Pork

11. March Hare Chowder Dish

12. Bill the Lizard Creamy Mac and Cheese

13. Jabberwock Hazelnut-butter Banana Quesadillas

14. Tall Flower Faces Vanilla and Mango Ice Pops

15. Tweedledum and Tweedledee Healthy Chocolate Chips

16. The Queen of Hearts Flourless Pancake

[17. The Knave of Hearts Cheese and Chive Waffles](#)

[18. Dodo Baked Eggs](#)

[19. Mock Turtle Black Bean Brownies](#)

[20. Frog Footman Chocolate Chip and Cookie Cake](#)

[21. Red Knights Primavera Skillet Pizza](#)

[22. Doorknob Yogurt Parfait](#)

[23. Mouse Donut Apples](#)

[24. The King of Hearts No-Bake Cream and Cookies Bar](#)

[25. Pat Pineapple, Watermelon, and Berries Salad](#)

[26. The Eaglet Pappardelle, Sweet Corn and Cabbage](#)

[27. Lory's Egg and Avocado Breakfast](#)

[28. The Duck Pesto Minestrone](#)

[29. Puppy's Spring Cabbage and Seeds](#)

[30. Gryphon Fruit and Vegetable Fruit](#)

[Conclusion](#)

[About the Author](#)

[Author's Afterthoughts](#)

Introduction



As stated earlier, there are various versions of the Alice in Wonderland story, but we are sticking to the original 1865 kid-friendly story that features young Alice who dreams that she follows a White Rabbit with a pocket watch down a hole into Wonderland, out of curiosity and a quest for adventure.

She follows the rabbit down the rabbit hole, and finds herself in a hall with many locked doors, the only door with a key close by is too small for her to go through, but she sees a bottle which is labelled “Pishsalvar”, which means “Drink Me”.

She goes ahead to drink from the bottle and immediately she becomes small and fit to enter the room, but she still cannot enter because she is too small to pick the key from the tabletop above.

She sees a cake labelled “Eat Me”, she goes ahead to eat the cake, and she grows larger and bigger; too large and big to enter through the door that leads to a garden party. Realizing her misfortune, Alice begins to shed huge tears which become a pool of water around her.

As she continues to cry, she reduces in size and falls into her pool of tears. While trying to navigate through the sea of tears, she meets The Mouse who helps her out to the shore where we see a gathering of animals who are sweeping away by the rising sea of tears.

Looking for a way to dry themselves, Dodo suggests a Caucus Race where they all will run in a circle. We later see the animals deserting Alice when she starts talking about her cat, Dinah.

After being abandoned by the animals, she finds the White Rabbit again. This time the White Rabbit is looking for the fan and gloves of the Duchess. Thinking Alice is Mary Ann, his maidservant; he sends her to bring the items from the house.

In White Rabbit’s house, Alice sees a bottle and drinks from it, and this causes her to start growing again. White Rabbit comes in and sees her, and she sends him and his servants out of the house with a swat of her hand.

The animals who are outside starts to make a mockery of her and start hurling rocks at her. The rocks turn to cakes which she eats and become small in size again. She leaves there and walks into the forest where she sees the Caterpillar smoking a water-pipe as he sits on a mushroom.

Alice and the Caterpillar get talking, he asks her for her identity, which she says she doesn’t know anymore. The Caterpillar leaves her, but not before he explains the sides of the mushroom to her, that one would make her short and the other would make her tall.

Alice breaks both sides and tested the tall one first, which made her taller with her neck high up into the trees, where she is attacked and mistaken for a serpent by a pigeon. She eats the other side and shrinks back to size.

She continues her wandering in the forest till she comes upon the Duchess’ house where she sees Fish-Footman delivering an invite to the Frog-Footman of the Duchess. She enters the house and sees the Duchess cooking a peppery soup that causes the Duchess, her baby, and Alice to sneeze.

The Duchess gives her baby to Alice while she prepares for a croquet game, the baby becomes a pig in Alice's hands, and she drops the pig who in turn runs into the forest.

The grinning Cheshire Cat in Duchess' house tells Alice that everyone in the Wonderland is mad and that she should go to March Hare's house, giving her the directions before disappearing.

Alice goes to the March Hare's house and finds the Dormouse, Mad Hatter, and the owner of the house, March Hare. They treat her badly and Alice leaves there and goes farther into the forest, and experienced more characters and scenarios such as the Queen of Hearts, the game of croquet, the Lizard, the King of Hearts, the attempt at beheading the disappearing Cheshire Cat, and Alice knocking over the Queen's army game of cards.

Alice wakes up after the last incidence and tells her sister about her mysterious and eventful dream and leaves her sister on the bank to get some tea as she ponders on the dream.

Phew!!!

That is the story of Alice in Wonderland, and to say we were engrossed as we shared it with you is an understatement. That was a good story if you ask us, and we hoped that you enjoyed every bit of it.

Going forward, we would be sharing our kid-friendly Alice in Wonderland-themed recipes with you, and we hope you and your kids would be able to cook up fascinating and exciting meals from this cookbook.

We bet that you would.

So, without wasting time, let's get start on our cooking journey into the Wonderland. Our White Rabbit is waiting and tapping furiously on his pocket watch.

The Rabbit hole is opened, and we go down in 3, 2, 1, go!!!!!!!

1. The Duchess' Peppery Red Pepper, Turkey, and Potato Soup.



Wondering what kind of soup the Duchess was cooking that got everyone sneezing so hard except the Cheshire Cat and the Cook?

We found the soup, and it is the Red Pepper and Potato Soup, a perfect meal for you and your kids on cold winter nights.... Or days, if you desire.

Prep Time: 05 Minutes

Cooking Time: 20 Minutes

Servings: 4 Servings

Ingredients

- 2 red peppers (deseeded and chopped)

- 1lb turkey (roasted and cut in chunks)
- 2 sweet potatoes (washed and diced)
- 2 tablespoons syrup (maple)
- 1 tablespoon salt
- 1 tablespoon pepper
- 1 large-sized onion (chopped)
- 2 tablespoons paprika (smoked)
- 2 tablespoons garlic (ground)
- 3 tablespoons olive oil
- 1 cup turkey broth
- 1 cup coconut milk

Directions

1. Pour oil in a pan. Add red peppers, potatoes, garlic, and onion. Roast for 15 minutes.
2. Ask your kid to pour the content in a food processor. Add coconut milk, syrup, broth, and paprika.
3. And process till smooth.
4. Pour the content back in the pan. Add the roasted turkey pieces. Add salt and pepper.
5. Cook for 5 minutes.
6. Serve with bread.
7. Enjoy!!!!

Note: you can decide to increase the quantity of red pepper to your kid's taste.

2. The Mad Hatter Pea, Fish, and Pesto Soup



The curly-haired, eccentric but kind maniac doesn't only know how to make amazing hats, he cooks the best pea, fish, and pesto soup you can ever imagine or "dream" of.

Prep Time: 05 Minutes

Cooking Time: 10 Minutes

Servings: 2 Servings

Ingredients

- 2 tablespoons green pesto
- 250g pea (boiled)
- 2 potatoes (diced and boiled)
- 6 tablespoons vegetable stock
- 150g fish finger (grilled and chopped)
- 1 tablespoon salt

Directions

1. Ask your kid to put some parts of the peas and potatoes in a food processor. Blend till smooth.
2. Pour the content in a pan. Add the remaining peas and potatoes, pesto, stock, salt, and potatoes.
3. Allow boiling for 10 minutes over low heat.
4. Tell him/her to garnish with fish fingers.
5. Serve and enjoy.

3. Alice Kingsley Pork Goulash Soup



After wandering through the forest and having to go through a lot in the hands of those creatures, our favorite character needs the pork goulash soup for strength, and we present to you her delicious and tasty recipe!!!

Prep Time: 10 Minutes

Cooking Time: 40 Minutes

Servings: 4 Servings

Ingredients

- 1 handful basil (chopped)
- 2 tablespoons sesame seeds
- 1 large-sized onion (diced)
- 2 tablespoons ground garlic
- 2 tablespoons olive oil
- 300g stewing pork (chopped)
- 1 cup pork broth
- 1 can tomatoes (chopped)

- 2 medium-sized potatoes (diced)
- 2 tablespoons pepper
- 1 tablespoon salt
- 3 tablespoons smoked paprika

Directions

1. Pour oil in a pan. Add garlic and onion. Cook-fry for 3 minutes. Add the pork. Stir-fry till brown.
2. Add paprika, tomatoes, sesame, pepper, and salt. Cook for 15 minutes.
3. Add stock, pork, and potatoes. Cook for 10 minutes.
4. Let your kid garnish it with basil.
5. Serve.

4. The Red Queen Bacon Pierogi Bake



Although not a player in *Alice in Wonderland*, but a main character in *Through the Looking-Glass*, this Queen is not a queen we love because of her antagonistic nature towards Alice in the game of chess.

But we can't help but love her Bacon Pierogi Bake recipe, it is mouth-watering and delicious!!!!

Your kids will surely love it.

Prep Time: 10 Minutes

Cooking Time: 15 Minutes

Servings: 4 Servings

Ingredients

- 4 tablespoons plum tomatoes (chopped)
- 1 tablespoon salt

- 1 tablespoon pepper
- 2 slices bacon (cooked and chopped)
- 4 tablespoons beef broth
- 1 pack cheddar and potato pierogis
- 2 medium-sized onions (chopped)
- 1 garlic clove (crushed)
- 1 pack cream cheese (soft)
- 4 tablespoons cheddar cheese

Directions

1. Ask your kid to grease the baking dish. Place the pierogis in it.
2. Preheat oven to 350 degrees F.
3. Let your kid put the garlic and cream cheese in a pan. Cook till combine.
4. Then he/she should add the broth, pepper, and salt. Cook for 5 minutes.
5. Add the mixture into the baking dish.
6. Put the baking dish in the oven. Bake for 10 minutes.
7. Let him/her pour cheddar cheese over it. bake for 5 more minutes.
8. And also garnish it with bacon, tomato, and onions.
9. Serve.
10. Enjoy!!!

5. The White Queen Minestrone Soup



Another character from Through the Looking-Glass, this queen was seen to have disappeared into a soup, and while we were journeying Through the Looking Glass, we found that the soup in which the White Queen disappeared into was this delicious and healthy soup!!!

Hmmm!! Little wonder, right??

We thought so too.

We would disappear into the soup too if we could because this soup is all shades of amazing!!!

Prep Time: 10 Minutes

Cooking Time: 25 Minutes

Servings: 4 Servings

Ingredients

- 1 tablespoon salt
- 1 tablespoon pepper
- 1 handful sage (chopped)
- 1 tablespoon tomato paste
- 2 tablespoons olive oil
- 1 celery stalk (chopped)
- 2 tomatoes (chopped)
- 4 tablespoons peas
- 2 handfuls small shaped pasta
- 2 handfuls cheese (grated)
- 1 cup shredded cabbage
- 4 tablespoons vegetable broth
- 1 tablespoon grated garlic
- 2 small-sized carrots (peeled and chopped)
- 1 small-sized onion (chopped)

Directions

1. Pour oil in a pan. Add onion, tomatoes, carrots, and garlic. Ask your kid to cook-stir for 10 minutes.
2. Add broth, tomato paste, salt, pepper, sage, cabbage, and celery. Cook for 10 minutes.
3. Add peas and pasta. Cook for 5 minutes.
4. Let your kid do the garnishing with cheese.
5. Serve and enjoy!!

6. Caterpillar Fruits, Seeds, and Nuts Salad



While your everyday caterpillar feeds on seeds and flowers, our Caterpillar takes its diet up a notch by inventing his fruits and nuts salad!!!

Oh! Do you think all he does is smoke water-pipes all day?

No!!! our Caterpillar eats too!!!

Prep Time: 05 Minutes

Cooking Time: NIL

Servings: 2 Servings

Ingredients

- 1 handful shredded spinach
- 1 handful celery stalk (chopped)

- 3 handfuls peanuts
- 3 handfuls berries of your choice
- 1 apple (diced)
- 2 handfuls shredded lettuce
- 3 handfuls seeds of your choice
- 3 tablespoons olive oil
- 1 handful parsley (chopped)
- 1 tablespoon salt
- 1 tablespoon pepper
- 3 tablespoons apple cider

Directions

1. Let your kid add all the ingredients together in a large bowl.
2. And then garnish with salad dressing.
3. Serve and enjoy!!

7. The White Rabbit Vegetable Smoothie



What you all didn't know was that the thing Alice drank in a bottle in the White Rabbit's house was a vegetable smoothie!!!!

Now, that explains her increase in size (but not the immediateness. Lol!!!!)

But we know how vegetables are crucial for human growth, right??!!

Prep Time: 05 Minutes

Cooking Time: NIL

Servings: 2 Servings

Ingredients

- 1 tablespoon cocoa powder
- 1 tablespoon maple syrup
- 1 tablespoon peanut butter

- 1 tablespoon chia seeds
- 1 cup vegetables (different types of your choice)
- 1 cup fruits (different types of your choice)
- 1 cup milk

Directions

1. Ask your kid to add all the ingredients in a food processor. Blend till smooth.
2. Serve and enjoy!!!!

8. The Cheshire Cat's Disappearing Salmon and Turkey Meal



Finally, we found the meal that helps the Cheshire Cat disappear in a puff of air!!!

And it is the healthy and tasty fish and turkey meal!!!

Can you believe that???

Prep Time: 05 Minutes

Cooking Time: 10 Minutes

Servings: 4 Servings

Ingredients

- 4 salmon fillets
- 4 turkey slices
- 1 tablespoon salt
- 1 tablespoon pepper

- 1 orange (zest)
- 1 tablespoon olive oil
- 1 tablespoon sugar
- 1 tablespoon cumin
- 1 tablespoon cinnamon

Directions

1. Preheat oven to 400 degrees F.
2. Ask your kid to put cumin, oil, sugar, salt, cinnamon, and pepper in a bowl. Toss to combine.
3. Coat the turkey and salmon in the mixture.
4. Arrange the turkey and salmon in the oven. Cook till done.
5. Let your kid sprinkle the orange zest over it.
6. Serve and enjoy!!!

9. Bayard the Bloodhound Chicken and Coconut Milk Soup



Now, this is one soup your kids would crave every single day.
One taste, and they are hooked!!!

Prep Time: 10 Minutes

Cooking Time: 15 Minutes

Servings: 2 Servings

Ingredients

- 1 lemon (squeeze)
- 1 handful coriander (chopped)
- 1 tablespoon salt
- 1 tablespoon pepper
- 6 tablespoons coconut milk
- 3 tomatoes (chopped)
- 1 tablespoon cumin
- 4 tablespoons turkey stock

- 2 cloves garlic (crushed)
- 2 tablespoons coconut oil
- 3 carrots (diced)
- 1 medium-sized onion (diced)
- 1 red bell pepper (chopped)
- 1 tablespoon sweet paprika
- 1-pound chicken (cut into pieces)

Directions

1. Ask your kid to put the chicken pieces, lemon juice, and salt in a bowl. Allow marinating.
2. Pour oil in a saucepan. Add salt. Add onion. Cook for 2 minutes.
3. Add peppers, garlic, carrot, tomatoes, the spices, and stock. Cook for 7 minutes till carrot is soft.
4. Add chicken, the chicken mixture, and coconut milk. Cook for 4 minutes.
5. Let your kid garnish it with coriander.
6. Serve with rice.
7. Enjoy!!

10. The Dormouse Zucchini Noodles and Lemony Pork



The singular reason “Dormy” as he is fondly called always attend the Tea Party is because of this Noodles and pork meal is specially served!!!

Prep Time: 05 Minutes

Cooking Time: 15 Minutes

Servings: 4 Servings

Ingredients

- 2 tablespoons olive oil
- 2 garlic cloves (crushed)
- 4 pieces of pork
- 1 medium-sized onion (chopped)

- 1 shallot (sliced)
- 1 tablespoon salt
- 1 handful basil (chopped)
- 1 tablespoon pepper
- 3 lemons (zest and juice)

Directions

1. Put oil in a pan. Add garlic and onion. Ask your kid to fry it for 2 minutes. Add the pork pieces. Cook till all sides are golden. Remove from the pan.
2. Add shallots, noodles, pepper, and salt. Ask to kid to cook till noodles are done.
3. Add lemon juice, basil, and zest. Cook for 3 minutes.
4. Serve with cheese and pork.
5. Enjoy!!!

11. March Hare Chowder Dish



Why stress yourself getting this meal outside when you and your kids can prepare and enjoy it in the comfort of your home!!!!

Prep Time: 10 Minutes

Cooking Time: 25 Minutes

Servings: 3 Servings

Ingredients

- 1 can sweet corn (drained)
- 1 handful basil (chopped)
- 1 large-sized sweet potato
- 1 tablespoon salt
- 150g haddock fillets (skinless)
- 1 tablespoon thyme

- 1 cup vegetable stock
- 1 garlic (crushed)
- 1 medium-sized onion (chopped)
- 1 tablespoon vegetable oil
- 1 cup milk
- 1 leek (chopped)

Directions

1. Put the thyme, milk, fish, and stock in a pan. Cook for 3 minutes.
2. Transfer the fish to a plate.
3. Pour oil in another pan. Add garlic and onion. Fry for 4 minutes. Add sweet corn, basil, haddock, milk mixture, leek, and salt. Cook for 4 minutes over medium heat.
4. Serve with bread.
5. Enjoy!!!

12. Bill the Lizard Creamy Mac and Cheese



Saying this Mac and Cheese is unusual is being modest, this Mac and Cheese recipe is adorable, not to mention tasty and just perfect for your kids to explore and enjoy!!!

Prep Time: 05 Minutes

Cooking Time: 10 Minutes

Servings: 3 Servings

Ingredients

- 1 cup cheddar cheese
- 1 pack shell pasta
- 1 cup milk

Directions

1. Put pasta and milk in a cooking pan. Cook till pasta is done.
2. Turn off the heat. Add cheese. Allow melting.
3. Stir.
4. Let you kid serve with milk.
5. Enjoy!!!

13. Jabberwock Hazelnut-butter Banana Quesadillas



This servant of the Queen of Hearts might seem dangerous as a result of his laser firings, but in all, he still makes the best Quesadillas in the Wonderland and beyond.

Prep Time: 05 Minutes

Cooking Time: 05 Minutes

Servings: 2 Servings

Ingredients

- 3 tablespoons chocolate chips
- 2 whole tortillas
- 4 tablespoons hazelnut butter
- 1 medium-sized banana (cut in thin, round slices)

Directions

1. Preheat oven to 350 degrees F.
2. Ask your kid to spread the tortillas in a baking tray.
3. Put the hazelnut butter on each tortilla in a spread.

4. Allow your kid to arrange the sliced bananas and chips on each tortilla. Fold the tortillas.
5. Place the tray in the oven. Bake till tortillas are crispy brown.
6. Serve and enjoy!!!!

14. Tall Flower Faces Vanilla and Mango Ice Pops



These homemade delicious, flavorful, and frozen sweetness are what you are and your kids need to weather the heat of summer!!!!

Prep Time: 10 Minutes

Cooking Time: NIL

Servings: 12 Servings

Ingredients

- 3 oz. vanilla yogurt
- 3 oz. diced mango
- 1 oz. coconut milk
- 2 tablespoons sugar or honey

Directions

1. Ask your kid to put the ingredients in a blender. Blend till smooth.
2. Then ask them to mold the mixture into pops form.
3. And also put a stick at the bottom of each pop.
4. Place the pops in a freezer. Allow freezing for hours.
5. Enjoy!!!

15. Tweedledum and Tweedledee Healthy Chocolate Chips



The White Queen's twin rooks who always agree to have a battle but it doesn't have one finally agreed on one thing; and that is how to make chocolate chips, and here is their recipe!!

Prep Time: 05 Minutes

Cooking Time: NIL

Servings: 4 Servings

Ingredients

- 1 cup honey
- 3 tablespoons coconut oil
- 1 cup cocoa powder

Directions

1. Add the oil, honey, and cocoa in a bowl. Stir well.
2. Ask your kid to pour the mixture in candy molds.
3. Place the molds in the freezer.
4. When frozen, let your kid remove from molds.
5. Serve.
6. Enjoy!!!

16. The Queen of Hearts Flourless Pancake



The foul and bad-tempered queen has a favorite meal, and it is the pancake she makes without using flour.

We know some of you might be wondering “How do you make pancakes without flour?”

You are about to find out!!! Keep your finger crossed.

Prep Time: 05 Minutes

Cooking Time: 05 minutes

Servings: 4 Servings

Ingredients

- 1 cup milk
- 1 tablespoon salt
- 1 tablespoon honey
- 6 tablespoons oats
- 1 small-sized banana

- 1 tablespoon olive oil
- 2 tablespoons chocolate sauce

Directions

1. Let your kid put all the ingredients save for chocolate sauce and oil in a blender. Blend till smooth.
2. Pour a little amount of oil in a frying pan.
3. Scoop the mixture into the pan in batches.
4. Allow you kid fry and flip till both sides are done.
5. Serve with chocolate sauce.
6. Enjoy!!

17. The Knave of Hearts Cheese and Chive Waffles



Just when Alice saves the Knave from being tried by the King and Queen of Hearts over his tart theft, he goes ahead to steal waffles too!!!!

But we can't blame him because they were not ordinary waffles, they were delicious waffles that were just IRRESISTIBLE!!!!

Prep Time: 10 Minutes

Cooking Time: 10 Minutes

Servings: 2 Servings

Ingredients

- 4 tablespoons white cheddar cheese (grated)
- 3 eggs (2 poached, 1 for the batter)
- 1 cup all-purpose flour
- 1 cup milk
- 1 handful chives (chopped)
- 2 tablespoons butter (melted)
- 1 tablespoon baking powder
- 1 tablespoon salt
- 2 tablespoons syrup

Directions

1. Preheat the waffle iron to 400 degrees F.
2. Add flour, salt, and baking powder in a bowl. Mix well.
3. Add egg, milk, and melted butter. Let your kid whisk till mixture is coarsely smooth.
4. Add a part of the chives to the mixture.
5. Let your older kid scoop the batter on the waffle iron. Cook till brown.
6. Garnish with syrup, the remaining chives, cheese, and poached egg.
7. Enjoy!!!

18. Dodo Baked Eggs



Yes, we know you have had fried eggs, you have also had lots of boiled eggs.

But tell us, have you had baked eggs???

And not just baked eggs, but baked eggs with a dash of herbs and cheese??

Hehehehehehe!!!

We bet you have not, but we have got you on the recipe!!!

Prep Time: 10 Minutes

Cooking Time: 15 Minutes

Servings: 4 Servings

Ingredients

- 4 eggs
- 4 tablespoons cheese (grated)
- 4 tablespoons Tabasco
- 1 tablespoon butter (soft)

- 1 tablespoon salt
- 1 tablespoon pepper
- 1 handful sage (chopped)
- 4 tablespoons cream
- 1 handful parsley (chopped)
- 1 handful rosemary (chopped)
- 1 handful thyme (chopped)

Directions

1. Bring a cooking pot of water to boil.
2. Let your kids grease 4 ramekins with butter.
3. Break each egg in each ramekin. Ask your kids to add salt, cream, the herbs, Tabasco, pepper, cream, and cheese in each ramekin.
4. Place the ramekins in a baking pan. Pour the boiled water in the baking pan.
5. Place the baking pan in the oven. Bake for 10 minutes.
6. Served with bread.
7. Enjoy!!!

19. Mock Turtle Black Bean Brownies



We think these creatures have a way of making some types of delicacies without involving flour, and these brownies are another example of the flourless delicacies they make, and this time the Mock Turtle owns this recipe!!!

Prep Time: 05 Minutes

Cooking Time: 15 Minutes

Servings: 5 Servings

Ingredients

- 20g oats
- 1 tablespoon sugar
- 1 can black beans (drained)
- 1 tablespoon salt
- 1 tablespoon cocoa powder
- 2 tablespoons honey
- 1 tablespoon vanilla extract
- 4 tablespoons chocolate chips

- 2 tablespoons coconut oil
- 1 tablespoon baking powder

Directions

1. Process all your ingredients in a food processor, save for the chips.
2. Preheat oven to 400 degrees F.
3. Let your kid grease a baking pan.
4. Pour the mixture in a baking pan. Add the chips on top.
5. Bake for 15 minutes.
6. Allow cooling for 5 minutes.
7. Let your kids cut into his/her desired sizes.
8. Serve and enjoy!!!

20. Frog Footman Chocolate Chip and Cookie Cake



After learning, this is a cake your kids can bake with their eyes closed!!!

Prep Time: 10 Minutes

Cooking Time: 10 Minutes

Servings: 5 Servings

Ingredients

- 1 tablespoon salt
- 3 cups sugar
- 2 logs chocolate chip cookie dough
- 3 tablespoons milk
- 2 handfuls peanuts
- 1 cup butter
- 1 tablespoon vanilla

Directions

1. Preheat oven to 400 degrees.
2. Ask your kid to break the cookie dough into balls.

3. Put the rest of the ingredients in a mixing bowl. Mix well.
4. Place the balls on a surface. Palm them into round and flat forms.
5. Place them in the baking tray. Bake for 15 minutes till golden brown.
6. Remove from tray. Allow cooling for 5 minutes.
7. Then let your kid arrange the cookie dough and the mixture in a layer, putting one dough and adding a scoop of the mixture, add another dough followed by a scoop of the mixture till he/she is done with dough and mixture.
8. Serve and enjoy!!!

21. Red Knights Primavera Skillet Pizza



This recipe is “pizza made easy”!!!!

Prep Time: 10 Minutes

Cooking Time: 30 Minutes

Servings: 4 Servings

Ingredients

- 1 tablespoon salt
- 2lbs. Pizza dough
- 3 bell peppers (chopped)
- 4 tomatoes (chopped)
- 1 medium-sized onion (sliced thin)
- 2 tablespoons olive oil

- 1 head broccoli (shredded with florets discarded)
- 1 tablespoon pepper
- 2 tablespoons flour
- 2 cups mozzarella cheese (shredded)
- 2 cups ricotta

Directions

1. Preheat oven to 450 degrees F.
2. Let your kid put the tomatoes, salt, pepper, olive oil, peppers, broccoli, and onion in a baking sheet.
3. Place the sheet in the oven. Bake for 10 minutes till tomatoes are tender and crushed.
4. Place the dough on a floured surface. Allow you kid to roll out the dough with his/her palms to form a round flat shape.
5. Grease a skillet with oil.
6. Place the flat dough in the skillet and brush both sides of the dough with oil too.
7. Let your kid scoop the cheese and ricotta on the dough.
8. Add the baked mixture as toppings.
9. Drizzle oil and salt on it. Bake for 10 minutes over medium heat till the dough is crispy.
10. Serve and enjoy!!!

22. Doorknob Yogurt Parfait



On those mornings when you need to sleep in one more hour, but your kids are ready for school; teaching them this parfait will save you from rushing to make breakfast for them.

They can make a parfait for breakfast, get ready for school, and you'd still get your needed rest.

Prep Time: 05 Minutes

Cooking Time: NIL

Servings: 2 Servings

Ingredients

- 1 tablespoon honey syrup
- 2 cups fresh berries (chopped)
- 2 cups almond nuts and peanuts (chopped)
- 1 cup yogurt
- 1 cup crackers (crushed)

Directions

1. Let your kids arrange the ingredients in a trifle dish in a layer in the desired order.
2. Serve and enjoy!

23. Mouse Donut Apples



One of the reasons we were so happy that the Mouse was not drowned in Alice's pool of tears, was because of this amazing Donut Apple recipe we might not have known of if he had drowned!!!!

Trust us, you have never had apples this savory!!!

Prep Time: 05 Minutes

Cooking Time: NIL

Servings: 10 Servings

Ingredients

- 2 cups assorted sprinkles
- 10oz. cheese (soft)
- 2 large-sized apples (sliced with core removed)
- 1 tablespoon honey
- 1 drop food coloring (pink and blue)
- 4 tablespoons chocolate (melted)

Directions

1. Tell your kid to put the cheese in three separate bowls.
2. Then he/she should add the honey, food coloring mixed with honey, and chocolate in the bowls. One ingredient in a bowl.
3. After which he/she should arrange the apple slices on a surface. Add the mixtures on the slices.
4. Sprinkle the assorted sprinkles on it as toppings.
5. Serve and enjoy!!!

24. The King of Hearts No-Bake Cream and Cookies Bar



Thinking of nutritious and easy to make snacks and desserts for your kids? This delightful and healthy delicacy has got you covered!!!!

Prep Time: 05 Minutes

Cooking Time: 10 Minutes

Servings: 5 Servings

Ingredients

- 2 tablespoons butter
- 1 pack Oreo
- 3 cups large-sized Marshmallows

Directions

1. Put butter and marshmallows in a pan. Allow melting for 2 minutes.
2. Ask your kids to process the Oreos in a blender till it is well ground.

3. Add the ground Oreos in the mixture of butter and marshmallows.
4. Stir well.
5. Place foil in a baking dish. Ask your kid to pour the mixture in the baking pan. Set aside for 10 minutes.
6. Cut and serve.
7. Enjoy!!!

25. Pat Pineapple, Watermelon, and Berries Salad



Truth is that your kids can't get enough of salad because they need it to be healthy and to stay healthy!!!

But instead of making boring salads, spice it up with different **Ingredients**, just like we are doing with this recipe.

Prep Time: 05 Minutes

Cooking Time: NIL

Servings: 2 Servings

Ingredients

- 1 watermelon (cut with a cookie cutter)
- 1 sweet pineapple (cut with a cookie cutter)
- 1 cup berries (any one of your choice)
- 1 cup milk (evaporated)

Directions

1. Let your kids toss the fruits in a bowl.
2. And add the milk as toppings.
3. Serve and enjoy!!!

26. The Eaglet Pappardelle, Sweet Corn and Cabbage



Although our Eaglet might not be good at long words, there is one thing he is good at is preparing this healthy and mouth-watering dish!!

Prep Time: 10 Minutes

Cooking Time: 10 Minutes

Servings: 2 Servings

Ingredients

- 1 head cabbage (shredded)
- 4 tablespoons cheese
- 1 tablespoon salt
- 1 tablespoon olive oil
- 1 pack Pappardelle pasta (boiled and drained)
- 1 cup sweet corn (drained and rinsed)
- 2 cloves garlic (crushed)

Directions

1. Pour oil in a pan. Add garlic. Cook for 1 minute over medium heat.
2. Add cabbage and corn. Ask your kid to stir for 4 minutes.
3. Add cooked pasta, salt, and pepper. Ask your kid to stir for 2 minutes.
4. Ask your kid to add the cheese and stir till the cheese melts.
5. Serve and enjoy!!

27. Lory's Egg and Avocado Breakfast



Thrill your kids to this delicious and easy to make breakfast delicacy!!

The recipe is courtesy Lory!!!!

Prep Time: 05 Minutes

Cooking Time: 05 Minutes

Servings: 2 Servings

Ingredients

- 1 tablespoon salt
- 1 tablespoon pepper
- 1 medium-sized tomato (sliced)
- 1 tablespoon oil
- 4 egg whites
- 4 slices rye bread (toasted)
- 1 avocado (mashed)
- 1 tablespoon soy sauce

Directions

1. Pour oil in a pan. Add the egg whites. Ask your kid to stir till they become fluffy.
2. Add pepper and salt. Cook for 1 minute.
3. Ask your kid to arrange the slices of bread on two plates.
4. Spread the avocado on two slices of your bread.
5. Ask your kid to top the bread with egg whites and tomatoes.
6. Then sprinkle salt and pepper on each bread. Followed by the sauce.
7. Cover the slices of bread with toppings with the extra slices of bread.
8. Serve and enjoy!!

28. The Duck Pesto Minestrone



Fresh, healthy, and delicious doesn't start to describe this hearty soup that we got its recipe from The Duck!!!!

Prep Time: 05 Minutes

Cooking Time: 15 Minutes

Servings: 2 Servings

Ingredients

- 1 handful peas
- 50g pesto
- 1 handful cheese (grated)
- 1 tablespoon salt
- 1 tablespoon pepper
- 1 tablespoon olive oil
- 100g orzo
- 6 tablespoons vegetable stock
- 1 handful spinach (chopped)

- 1 lemon (juice and zest)
- 1 celery (chopped)
- 1 medium-sized onion (chopped)

Directions

1. Pour oil in a saucepan. Add salt, celery, and onion. You can ask your kid to cook-fry for 3 minutes.
2. Add lemon juice, lemon zest, vegetable stock, and pepper.
3. Add the orzo, spinach, pesto, and peas. Cook for 7 minutes.
4. Serve with bread.
5. Enjoy!!!!

29. Puppy's Spring Cabbage and Seeds



Our Puppy loves to whistle and play a game of chase, but what he loves most is a bowl of the rich and tasty cabbage and seeds delicacy!!!!

Prep Time: 05 Minutes

Cooking Time: 05 Minutes

Servings: 2 Servings

Ingredients

- 1 tablespoon sesame seed
- 1lb. spring cabbage (shredded)
- 1 tablespoon salt
- 1 tablespoon ginger (ground)
- 1 tablespoon ground garlic
- 1 tablespoon olive oil
- 1 tablespoon pepper

- 1 small-sized onion (sliced)

Directions

1. Pour oil in the pan. Add the sesame seed. Ask your kid to stir-fry for 2 minutes.
2. Add ginger, garlic, and onion. Fry for 3 minutes.
3. Add cabbage, pepper, and salt. Cook for 3 minutes more.
4. Serve and enjoy!!!

30. Gryphon Fruit and Vegetable Fruit



“Hkckrrh!!!” – The Gryphon exclaimed when he had his first taste of this fruit and vegetable juice combo.

Yeah, it was that delicious and tasty, trust us!!!

Prep Time: 05 Minutes

Cooking Time: NIL

Servings: 2 Servings

Ingredients

- 2 apples (chopped)
- 1 sweet pineapple (chopped)
- 1 handful kale (chopped)

Directions

1. Add the ingredients in a food processor. Process till smooth.
2. Sieve to remove lumps.

3. Refrigerate.

4. Serve and enjoy!!!

Conclusion

Finally, we are out of our Cooking Wonderland, and we can't help but say it has been an exhilarating journey with you through the Rabbit Hole.

Did you have fun meeting our characters?

We sure did have an amazing time, and we are sure you enjoyed every bit of our “wandering” through the Wonderland.

It was so much fun!!!!

But what would be more fun is you cooking meals from this cookbook with your kids, it would be the best thing to happen to you all, trust us.

As it would help you bond and share amazing moments together in the kitchen!!!

We look forward to having you and your kids share memorable times preparing any/all of these meals.

Once again, it was amazing having you on the trip down the Rabbit Hole, and we anticipate a future journey with you... but this time, we are definitely not going through any Rabbit Hole.... lol!!!!

But till then, thank you for staying tuned from the beginning till the end of this recipe book.

About the Author

Susan Gray is a restaurateur and writer born in Maui, Hawaii, and spent the first 18 years of her life there. Her first step in cooking was influenced by her mother who managed a catering company and involved her in lots of her cooking. That experience was the eye-opener for her.

When she left home for college, she worked briefly in the kitchen of a restaurant close to her college, where she was studying to have a degree in nutrition and dietetics at The Steinhardt School of Culture, Education, and Human Development. Her experiences at the restaurant, coupled with her degree laid the map before her.

She stayed in New York after her degree, where she met her husband. Together, they started their restaurant business, and it hit the roof. Susan, however, felt that there was more to do. She figured that she could help people discover and unlock the many tastes and experiences associated with cooking. She decided to write as much as she can to help people get the best out of their diet through food.

She has since been writing and publishing categories of recipes in a host of online and offline publications. And she is having absolute fun doing so.

////////////////////////////////////

Author's Afterthoughts



In the beginning, I wasn't quite sure if I should take the plunge and write this book. But I thought that there might be people out there who are looking for this sort of thing, and I would be failing them if I don't get down and get this thing out. See? You, my dear reader, made me do this. That's how much power you have.

I'm excited and humbled that you went for this book out of all the options available. It's nothing short of gratifying.

I would like to hear back from you. What do you think about this book? Please leave your comments as a review on Amazon. It would mean a whole lot to me.

Thank you for being so awesome.

Susan Gray